

SAFETY TIPS

Experiencing a traumatic event can trigger feelings of vulnerability and fear. Below are steps that can be taken to increase safety.

PHYSICAL SAFETY

- Change locks
- Consider alarm/camera system installation
- Identify exit routes in home in case of an emergency
- Ensure a phone is accessible and save important phone numbers
- Consider varying routines and using alternate routes when traveling to work or other frequented places
- When applicable, notify work and schools of safety concerns
- Consider utilizing post office box or a friend's address for mail

EMOTIONAL SAFETY

- Identify supportive people and safe person(s)
- Set achievable goals
- Create a peaceful space for yourself
- Practice self-care
- Engage in faith community, if applicable
- Consider enrollment/support groups
- Utilize notification systems, like VINE and SAVIN, when applicable

TECHNOLOGICAL SAFETY

- Change phone number
- Reset all passwords on email and social media
- Create new email address
- Save all threatening communication (emails, direct messages, texts, pictures)
- Block or unfriend anyone causing harm
- Ensure all social media settings are set to the maximum privacy
- Turn off location on social media
- Do not "check-in" to places on social media
- Ensure support system does not tag you in posts or disable ability to be tagged

SELF-CARE

- Deep breathing
- Read a book
- Take a walk
- Drink a cup of tea
- Drawing/painting/art/journaling
- Watch a favorite movie/listen to favorite song



CRISIS LINES

Adult Protective Services

888-277-8366

Community Resources

Dial 211

National Domestic Violence Hotline

800-799-SAFE (7233)

TN SAVIN

888-868-4631

Child Abuse Hotline

877-237-0004

National Sexual Assault Hotline

800-656-4673

TN Statewide Crisis Line

855-274-7471

VINE

866-277-7477

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